

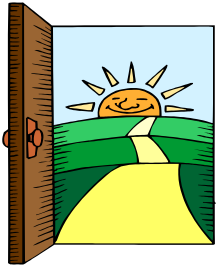
NSF SAFETY DEPARTMENT

OCTOBER 2003
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SAFETY & HEALTH NEWSLETTER



HOW TO RESPOND HEAT ILLNESSES



Act immediately. If not treated, heat exhaustion may advance to heat stroke or death. **Move the victim** to a cool, shaded area to rest. Don't leave the person alone. If symptoms include dizziness, position the victim on his/her back and raise legs six to eight inches. If symptoms include nausea, position the victim on his/her side.

Loosen and remove any heavy clothing.

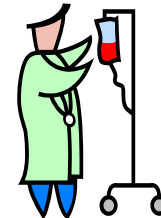
Have the person drink cool water – one cup every 15 to 20 minutes, unless nauseous.

Cool the person's body by fanning and spraying with a cool mist.

Call 911 if the person does not feel better in a few minutes

Being proactive can prevent heat-related illnesses and injuries, and help workers maintain productivity.

Source: www.osha.gov/SLTC/heatstress/index.htm



SHARPS INJURY PREVENTION METHODS

In order to prevent bloodborne pathogens exposure, clinicians are advised to utilize both primary and secondary sharps injury prevention techniques.

- Primary prevention techniques eliminate the need to introduce sharps into the workplace, thereby reducing the total number of sharps used
- Secondary prevention techniques use sharps devices that incorporate safety features.

Source: [Compliance Magazine](#)

PRACTICING INDUSTRIAL HYGIENE

Recognizing, evaluating, and controlling occupational health hazards are the three definite elements of industrial hygiene. Recognizing health hazards is most important since it must take place before proper evaluation, or (if needed) control can take place. Upon recognizing a health hazard, the industrial hygienist should be able to identify the set of measures necessary for proper evaluation. When the evaluation is completed, the industrial hygienist then is in a position, in consultation with other members of the occupational health team, to implement controls needed to reduce exposures to tolerable limits.

The principal tool of the industrial hygienist is the observation of the workplace.

There is no real substitute for competent observation of:

- work practices used
- The extent of use of chemical and physical agents
- Apparent effectiveness of control methods



Source: [Occupational Safety & Health Series, 2nd Edition](#)

SEVEN STEPS TO PREVENT SLIP, TRIP AND FALL INJURIES

- ☑ Review OSHA Regulations
- ☑ Implement a Maintenance Program
- ☑ Review Layout of Work Area
- ☑ Increase Floor Slip-Resistance
- ☑ Reduce Worker Fatigue
- ☑ Provide Proper Footwear
- ☑ Provide Safety Awareness Seminars



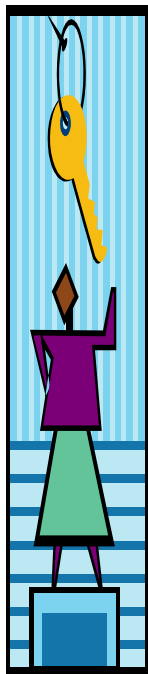
Source: Professional Safety/www.asse.org

TAKE EYE PROTECTION ACTION

The following guidelines will help office workers reduce computer eyestrain.

- Use adequate lighting or anti-glare screens
- Consider the use of accent or task lighting
- Modify screen position to minimize glare
- Fine tune monitor controls (brightness) to increase acuity
- Adjust window blinds
- Provide proper window coverage to prevent direct light from hitting the monitor's screen
- Take breaks from the computer often
- Look away from the computer screen every 20 minutes
- Blink often

Source: American College of Occupational & Environmental Medicine



SAFETY RULES AND REGULATIONS

Management should develop general safety rules for the workers that will help avoid accidents (as well as minimize health hazards) on the job. Since most industrial accidents consist of foot injuries from dropping items, and back strains resulting from moving items that are too heavy or that have been moved incorrectly, the most important safety rule is to “engineer out” safety hazards. When this is not feasible, management must require that employees must wear personal protective equipment. Employees must also be trained in proper methods of lifting and moving heavy items.

Source: Occupational Safety & Health Series, 2nd Edition

TAKE PRIDE IN YOUR WORK SPACE

Do you take pride in your workspace? If you do, you probably take extra care to keep it clean, orderly and in good repair.

Having a workstation to be proud of is one payoff. But there is another important benefit to good job site housekeeping-safety.

Your job description may not include all of these aspects of job site housekeeping. You may not be authorized or qualified for various cleanup or repair tasks. But you can make a big difference by watching for housekeeping problems and reporting them.

THE WORKER AND SAFETY

Safety of the worker is the purpose of any safety process. Efforts at this level must include training and motivation of both new and current employees, safety and health involvement teams in which workers participate, safety inspections of the workplace, accident investigations, job safety analysis, and many more. An occupational health and safety program is shared responsibility.



From top management down all employees must be committed to safety as a part of the job.

Source: Occupational Safety & Health Series, 2nd Edition



Keeping things clean and tidy is vital to safety. It's all part of taking pride in your work and your workplace.

Source: Safety Smart Magazine's Weekly

THE FOLLOWING IS THE SAFETY DEPARTMENT'S ACTIVITIES FOR OCTOBER 2003

- Enlisted Safety Committee Meeting – 2 Oct 03, 1500H @ NSF Conference Room.
Target audience: All Safety Representatives
- Safety Representatives Briefing – 15 Oct 03, 1330H @ B-331 NSF Safety Training Room
Target Audience: All newly designated Safety Representatives
- Hazardous Materials Coordinator's Briefing - 16 Oct 03, 1330H @ B-331, NSF Safety Training Room.
Target Audience: All newly designated HazMat Coordinators
- Oct 2003 Occupational Safety & Health (OSH) Inspection: AF/ Navy Weapons, AF/GPS, H-Ops/MSCO, U.S. Army, & Compson Two
- Island Indoctrination Class (Safety) – Bi-weekly, 0915H@ Acey Duecey Room, Turner Club Complex.
Target Audience: All new personnel (mandatory for Officers, enlisted and civilian personnel).

KNOW YOUR SAFETY STAFF:



Ronald W. Thornhill - Safety Officer
Dave D. Cruz - Senior Safety Specialist
Roy F. Villanueva - Safety Specialist
Marilyn S. Satsatin - Safety Technician

There's always room for improvement.
Visit us at <http://ice.disa.mil> and tell us how we can improve the island's safety program.

Need report a Safety Hazard?

Call the NSF Safety Office at [extension 370-4123](tel:370-4123) or send email to the Safety Officer at thornhill@dg.navy.mil